Suppose an object is dropped from a height of 490 meters, and strikes the ground 10 seconds later. Let $h(t)$ denote the height of the object at time t, with h measured in meters, and t measured in seconds with $t = 0$ corresponding to the instant the object was released.

Exercise 1 *The domain of h is* $[\boxed{0}, \boxed{10}]$.

Exercise 1.1 *The range of h is* $[\boxed{0}, \boxed{490}]$.

Exercise 1.1.1 *The average rate of change of h between $t = 0$ and $t = 10$ is* $\boxed{-49}$ *m/s.*